



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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Commission on Affairs of the Elderly
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Boston Seniority

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Mayor's Spotlight



A report issued in October by Mayors Against Illegal Guns, a coalition of more than 500 mayors that I co-chair with New York City Mayor Michael Bloomberg, highlights the connection between weak gun laws and illegal gun trafficking among states. The report, *Trace the Guns: the Link Between Gun Laws and Interstate Gun Trafficking*, looks at data from the Bureau of Alcohol, Tobacco and Firearms and proves, beyond a doubt, that comprehensive gun trafficking laws are critical to preventing violent crime.

The report shows that Massachusetts is a national leader, ranking 47th in guns exported. That means only 3 other states export fewer illegal guns. Massachusetts has 9 out of 10 laws identified by the coalition as key to preventing illegal gun trafficking, while some states have as few as one or two. These laws are not about making gun ownership more difficult for legal, responsible gun owners, but are focused on keeping dangerous weapons out of the hands of violent criminals.

The data concludes that just 10 states with weak gun laws account for nearly half – 49 percent – of the guns that crossed state lines before being recovered in crimes. These ten states (Mississippi, West Virginia, Kentucky, Alaska, Alabama,

South Carolina, Virginia, Indiana, Nevada, and Georgia) that supplied crime guns at the highest rates each supplied them at a rate more than twice the national average. They also had the fewest number of key laws aimed at preventing gun trafficking. In Massachusetts, approximately 3.6 guns are exported per 100,000 inhabitants, while the national average is 14.1. In 2009, 63 percent of crime guns recovered in Massachusetts came from neighboring states with more lenient gun laws, such as New Hampshire and Maine.

Although our state is a leader when it comes to legislation, illegal guns continue to be a problem infiltrating our streets and neighborhoods. This important report reaffirms what we already know – that comprehensive laws targeting gun trafficking are essential to preventing violent crime and keeping our neighborhoods and residents safe. I hope it will also bring greater awareness to legislators across the country so that we can all work together to keep illegal guns out of the hands of those who would use them to harm or instill fear in others.

For more information about the report, visit the interactive website:
www.tracetheguns.org.



RSVP Boston

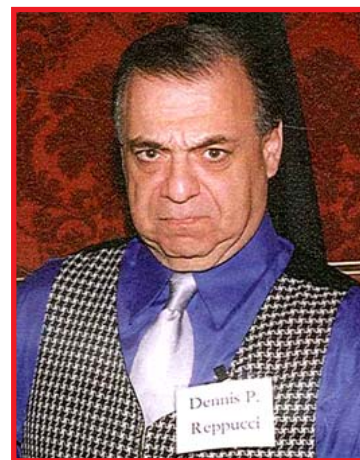
By: Jecara Hood

Volunteer Highlight: Dennis Reppucci

Dennis Reppucci is a humble volunteer at the V.A. in Jamaica Plain. He prides himself on giving his best to the veterans at all times. He is such an extraordinary volunteer that he was recently given an award from the V.A. to honor his great devotion and hard work. Dennis was born and raised in Everett, MA and has resided there for the last 56 years. Although Dennis has a clear devotion to Massachusetts he loves to visit New Hampshire frequently, just to enjoy the tranquility and beautiful scenery that it has to offer.

Dennis has been volunteering at the V.A. in Jamaica Plain for the last five years. When volunteering with the veterans he is often overwhelmed with feelings of happiness and pride. He sees his volunteer work as a privilege. He loves working with all of the veterans young and old because it's something he can relate to, seeing as he is a veteran. Dennis really enjoys the outings that he gets to participate in. He has accompanied the veterans to Red Sox games, and has recently helped them in a kayaking trip.

Dennis' volunteer work entails that he help with the mobility of the veterans. On the kayaking trip for example, Dennis' jobs were to help the veterans into the kayaks, when they decided to fish, help



them hook the bait onto their fishing lines, and even enjoy the beautiful picnic with the veterans.

All the effort that Dennis put into his volunteering was rewarding when Dennis found out that his mother was ill and needed to be taken care of. He immediately stepped up to the plate and wanted to take care of his mother. The doctors readily established Dennis as an experienced and qualified caretaker. This overjoyed Dennis and made him pleased to know that because of his hard work at the V.A. he could be helpful to someone who meant a great deal in his life.

Dennis' most special moments at the V.A. are always at Christmas time. He loves to watch the veterans putting up the tree and on Christmas, the feeling of elation spreads through him when he sees the veterans opening the gifts that they received from donations and charities.

Although Dennis spends a great amount of time and devotion at the V.A. his commitment to the veterans doesn't stop there. Every year Dennis volunteers at Stand Down for homeless veterans. Stand Down for the homeless is partnered with the National Coalition for Homeless Vets (NCHV), it is a community-based intervention program designed to help the nation's estimated 200,000 homeless veterans "combat" life on the streets. Homeless veterans are brought together in a single location for one to three days and are provided access to the community resources needed to begin addressing their individual problems and rebuilding their lives. Some of the resources that Stand Down offers are food stamps and legal advice for veterans who need it. Dennis feels that it's important to give back and help the people who fought to protect us for so long.

Besides volunteering at the V.A. in Jamaica Plain and Stand Down yearly, Dennis has a very gratifying life. He body builds and instructs an occasional karate class. He also gives boxing lessons every now and then.

When asked what he would still love to do but never got the chance, he replied, "I would like to go to one of the Olympics". It's not surprising for a man who lives such an athletic lifestyle.

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For more information call
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Tula Mahl, Producer
at 617-635-1922



Memories Relived:

Senior Companion and
Client bond over stories

By: Cassandra Baptista



Marie Mulloy points to a pile of mail on her table.

“All those people want my money,” she says. Mulloy, 92, turns to Bernice McNamee. “She talks me out of giving it away when I get softhearted. I trust her judgment.”

McNamee, 73, has been Mulloy’s Senior Companion for two years. They meet once a week and spend much of their time together like this, sifting and sorting through stacks of mail as they talk about their lives.

“I love listening to Marie’s stories,” McNamee says. “She has a great memory.”

Mulloy has lived a cosmopolitan life filled with chance encounters, though she tells her stories nonchalantly. She spent time in New York City, San Francisco, Boston and now is back where she began in her hometown of Roslindale. She traveled across America with the USO as a soprano during WWII, sang on a Boston radio show and worked in the TV industry when it was only just beginning.

“Television was a new enterprise,”

Mulloy says of her time working on Craft Television Theater. “There were all the stars of the day.”

Mulloy says she became friends with one of those stars, Jack Lemmon. Suddenly, she gets up from her chair to mimic the actor. The junk mail on the table seems to have disappeared. She is not in her apartment anymore. Instead, she stands taller and marches to the center of her living room as if the spotlight is on her. Mulloy beams as she recreates his strut. “He was cute,” she says with a smile.

Once, when she lived in Fenway, she remembers watching a helicopter land in front of her apartment. Through her bay windows, she saw Jackie Kennedy exit the helicopter on her way to the hospital with her baby Patrick.

Mulloy’s stories shed light on a vibrant life, but she has not escaped unscathed.

“There’s been a lot of tragedy in my life,” Mulloy says, “but everyone has

sadness.” She explains how she moved back home to care for her ill parents. She also helped raise her brother’s children after their mother passed away. And she talks about lost love. Mulloy never married, though she came close.

“I was supposed to but things got in the way,” she says. “He was supposed to bring home a nice Jewish girl and I was supposed to bring home a nice Catholic boy. It just wasn’t in the cards for me.”

Mulloy goes on to list men who could-have-been but weren’t. “I often wonder if David is still alive. He was an excellent pianist,” she trails off.

She uses Christmas as mile-markers to track the effects of her maculate degeneration. Four Christmases ago, Mulloy was writing long messages in

her Christmas cards, but her eyes grew tired. The next year, the cards missed December 25th, but she reminded everyone there are 12 days of Christmas so they weren’t late. The year after, her loved ones began to receive phone calls instead.

“I was a great reader, but now I have to restrain myself,” Mulloy says. “Bernice has been so helpful with my eyes problems. I’m so lucky to have her.”

McNamee, who used to be a Home Health Aid, values her role as a Senior Companion. “I just love the elderly and women in general—they’re a great support.”

They smile at each other and continue going through the mail on the table.



Did you have Head & Neck Cancer? Do you have problems swallowing?

If you said *yes* to both, you may be eligible to participate in an exciting new research study!

The Center for Voice and Swallowing at Boston Medical Center is conducting a research study sponsored by the National Cancer Institute. The study will examine if a new therapy called e-stim can reduce swallowing problems that result from radiation therapy.

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**Please call the BMC Head
& Neck Cancer Center at
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Tula Mahl at 617-635-1922 or
email: tula.mahl@cityofboston.gov

Kit Clark - Art Exhibit

Kit Clark seniors exhibited their works of art at a special art show on Wednesday, October 6, 2010. It was part of an on-going Artist in Residence program which features local artists teaching art to older adults. The program has been made possible through a grant from the Boston Foundation over the past two years and includes art instruction on two different sites, the Mattapan Senior Center and the Kit Clark Senior Services building in Fields Corner, Dorchester.

Participating seniors meet once a week with their artist-instructor, concentrating on the visual arts and using an array of materials including watercolor, acrylics, pencil, and charcoal. The Fields Corner program is under the direction of artist Sara Hamlen and includes seniors from the Madden Senior Center and the Adult Day Health Program. The Mattapan Senior Center art class is under the direction of Gregory LaPlanche.

The array and diversity of the art works was stunning and included portraiture, still lifes, landscapes, seascapes, and cityscapes. The paintings and sketches reflect a range of styles and artistic tastes. The senior artists at the Mattapan site created large murals reflecting their rich Haitian culture as well as life-sized portraits.

Sara Hamlen, artist-in-residence, remarked, "Teaching each week has given me a chance to spend time with artists of all ages. I love to brag about my students, who are ages 60 to 84. I have truly enjoyed hearing their

life stories, what images of home or childhood inspire them, or what materials (watercolor, acrylic, pen, colored pencil) particularly appeal to them. I love the imagination and creativity I see each week."



L to R: Ellen Sheehan, Sara Hamlen (artist-in-residence), Mary MacLean, Arlene Sidonio

Exhibiting artists were both proud and delighted to share their work with admiring family members and friends and to receive the congratulations of many on their artistic accomplishments. The art classes are open to any senior 60 and older. No prior art training or experience is required. Classes at the Madden Senior Center at 1500 Dorchester Avenue are on Wednesdays, 1:00 – 3:00 p.m. The weekly class at the Mattapan Senior Center at Holy Spirit Church is on Wednesdays from 9:00 – 11:00 a.m.



Doris Neal

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5th Annual Italian Heritage Luncheon

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Ristorante, Tias @ Long Wharf,
Union Oyster House,
Massimino's Cucina Italiana -
Paul D'Amore



The Lelewer Legacy

By: Nancy Lelewer

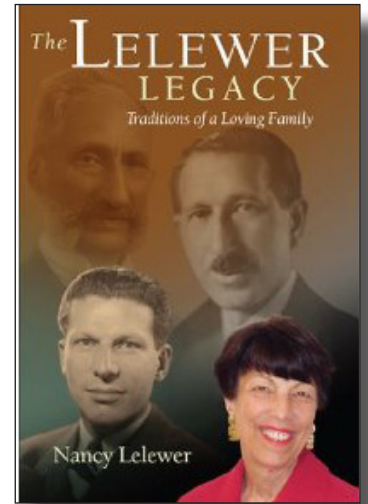
Book review

In *THE LELEWER LEGACY* Ms. Lelewer invites the reader into her family, paying tribute to a long line of Lelewer men and the women who stood beside them. Each exuded a zeal for life, remaining devoted to the family, and passed on to each generation a family code of helping others and building for the future.

Ms. Lelewer also describes a childhood filled with laughter, love, travel, and family stories of her great-grandfather's arrival in New York in 1861, her grandfather's innovations in marketing the men's hat business, and her father's prowess in sports, business, and friendships. Surrounded by warm and caring grandparents, a beautiful a loving mother, and a nurturing, charismatic father – Nancy grew up in Highland Park, Illinois, attended Sarah Lawrence College in New York, spent a year in Spain then began married life in Boston, Massachusetts.

The twenty-two chapters of *THE LELEWER LEGACY* present a wide range of stories that together reflect the breadth and depth of the author's heritage and her personal legacy. Many include anecdotes about such colorful people as: "Scarface" Al Capone, Richard Loeb of the Richard

Loeb and Nathan Leopold duo who committed the crime of the century, Chic Young of the Blondie strip, philanthropist Irving B. Harris, Chuck Walgreen of the Walgreen Stores, Dr. Per Udden, Swedish inventor and founder of two organizations, A.M. Sonnabend, legendary financier and hotel pioneer and Alan Trustman of The Thomas Crown Affair.



The Elderly Commission **Seniors are you eligible?**

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Horizons for Homeless Children is dedicated to improving the lives of homeless children and their families. Our programs and services help these kids learn and grow, and help their families return to self-sufficiency.

Join us in making a difference. Become a volunteer and spend just 2 hours a week playing with young homeless children in statewide family shelters. Anything helps.

Our next trainings are scheduled for:
Saturday, January 29th
9:30am to 4:30pm
Boston, MA



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Apply today. To find out more, go to horizonsforhomelesschildren.org or call 800-560-7702.

Hearing Loss in Teens



Healthy, Wealthy & Wyse

By: Geraldine C. Wyse, RN

Many of us have suffered hearing loss as we got older, or we know someone that has.

Now the experts are doing studies on teenagers to find that they are starting to suffer from hearing loss, slowly but surely.

Studies show one in five teens has at least a slight hearing loss! This means the proportion of teens in the US has increased 30% in the last 15 years and the number with mild or worse hearing loss has increased 77%!!

What does this mean? This hearing loss can affect learning, speech perception, social skills development and self image. How can a teen be “cool” these days if he cannot hear what his friends or potential girlfriends are saying!!

Perhaps, your grandson is not answering you, not because he is ignoring you, but because he cannot hear you!!

Possible reason but not yet proven is the constant use of the many types of headphones that teens use. The teen is always plugged in to his or her headphone!!

What to do if you suspect your grandchild has a hearing loss.

1. Speak with his/her parent and recommend a hearing test and a visit to an expert hearing doctor. Ear aches, not treated as a baby, can cause serious damage.

2. Recommend lowering the headphones a few degrees. When I can hear a teen’s music 3 rows behind him on the bus, I know it is too loud.

3. Wear ear protection at loud rock concerts.

4. If a teen works on a noisy construction site, buy him some ear plugs. He may not realize how noisy work really is until he has ear plugs.

5. Remember, even simple home projects like mowing a lawn can be very noisy.

6. Safety: jogging with earphones can prevent you from hearing someone approach you from behind. People mugged have had their headphones on high.

I have been told that of the two, losing your eyesight or your hearing, loss of hearing is more traumatic.

Most importantly, once you lose your hearing you will not get it back. Pass this information on to your family and friends.

Looking for Retired Firefighters to Participate in
Boston's Senior Corp Supports Boston Firefighters
A Tribute to MLK's Legacy

Three of Boston's largest senior volunteer organizations have come together to write cards of thanks to Boston Firefighters with the help of the students of John P. Holland Elementary School.

Event: Friday, January 21, 2011
9:00 AM - 11:00 AM / Doors Open at 8:00 AM

Event Address: J.P. Holland Elementary School
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If you will be attending please contact: Anique Langlois 617-635-3988



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RON BURTON – STILL GIVING BACK

By: Mike Flynn

Professional athletes are revered for their prowess in their individual sports. All are rewarded handsomely for their services. Most give back to their communities in varying degrees. Tim Wakefield of the Red Sox, was the most recent recipient of the Roberto Clemente Award, (Roberto has recently been profiled in “Seniority”) which recognizes the Major League Baseball player who combines a dedication of giving back to the community while displaying considerable skills on the baseball field. Many are outstanding citizens; some, not so much. Former New England Patriot running back Ron Burton epitomizes the former.

Growing up poor and fatherless in Springfield, Ohio, Ron became an orphan when his mother passed away when he was a teenager. Taken in by his gospel preaching grandmother kept him grounded, but so did the discipline he learned from his high school football coach. Rising at 4:30 a.m. each day to train, which included a 7 mile run, he became a dedicated athlete and a star of his high school football team. In Middle America, the land of “Friday Night

Lights”, high school football ruled. He became an All-American and Ohio’s best football player. Ron had never allowed himself to dream of college, but his prowess on the gridiron brought him 47 scholarship offers including one from Ohio State, coached by the legendary Woody Hayes.

Ron astounded the college football world by choosing to enroll at Northwestern University, which was then coached by an unknown, Ara Parsegian. Parsegian would later rise to fame as the coach of Notre Dame University and would lead them to two National Championships.

When Burton took over at running back at Northwestern in his sophomore year, the team did not win a game. But by his senior year they had beaten college football powerhouses Michigan, Notre Dame, Oklahoma and had run roughshod over Woody Hayes’ Ohio State, 21-0. Burton finished tenth in the Heisman Trophy balloting that year.

The American Football League had just been formed in 1960 to compete with the NFL. Just as he had done in choosing a college, Ron signed with the Boston Patriots of the AFL, opting for the upstart league over the NFL’s Philadelphia Eagles, who had also drafted him.

He was running back for the Patriots from 1960-1966. He still holds the Pat's record for a missed field goal returned for a touchdown. In 1962, his best year, he amassed 1,449 total yards, was voted a second team AFL. All-Star and finished fourth in the league in rushing, scoring 7 touchdowns and 47 points. His final totals would have undoubtedly been higher had Ron not sustained a number of injuries which kept him on the bench for almost a total of two playing years out of the six.

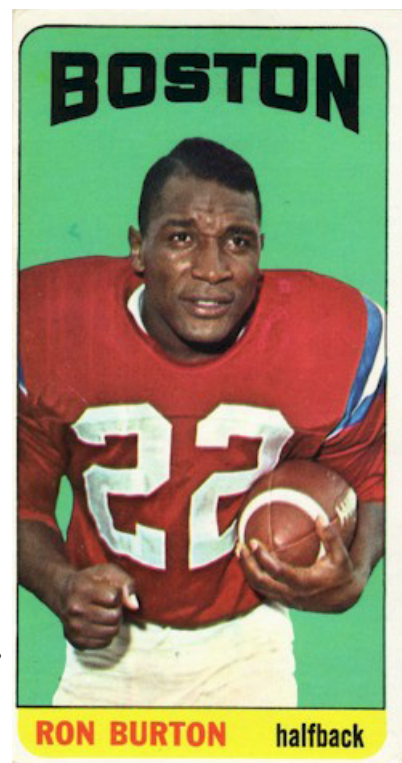
After retiring in 1966, Ron went on to be an executive in public relations for the Hancock Insurance Company, traveling the country as a motivational speaker. But he felt in his heart there was more he could do.

In 1985, he purchased 305 acres of land in Hubbardston, Massachusetts, with an idea in his mind of a place where underprivileged children could go to learn respect for themselves as well as the world around them. Today, after almost 25 years, the Ron Burton Training Village has mentored over 3,000 young people. Graduates of the program are a living memorial to the man himself.

During the 5 week summer program, 130 campers are put through educational, spiritual and fitness training schedules stressing social skills, moral

values, physical challenges and the importance of community leadership. Campers come from diverse backgrounds and the majority are from economically challenged and at-risk situations. Most are on scholarship and none are turned

away because of financial hardships. All are given room and board for the 5 weeks and are taught respect for elders, peers and especially their parents. All are encouraged to avoid alcohol, tobacco and drugs. The cornerstones of the Village are: Love, Peace, Patience, Humility. Each year the United States Military Academy at West Point and the United States Naval Academy at Annapolis send officers to live and train with the campers. In addition, Stonehill College, Bentley University and Northern Michigan University award two full scholarships a year to graduating campers. Last year's graduates of the six year program had a 100% rate of college acceptance, 90% of those on a full scholarship.



Campers are first accepted at 11-12 years of age. To be reaccepted the following year they must be on or near the honor roll at their respective schools. After several years, 90% are involved with athletics, 70% in community leadership and in the 24 years of it's existence, 90% of the Training Village graduates have gone on to higher education.

Clearly Ron's vision has come to fruition and the camp has become the ideal of the professional athlete giving back and in this case still giving back even after he is gone. Ron Burton passed away on September 13, 2003 of Multiple Myeloma, a form of brain cancer. He left his wife and five children one of whom is Steve Burton, WBZ TV 4 Sports Director.

In 1990 Ron Burton was elected into the College Football Hall of Fame

and in 2001 the Boston Celtics honored him with their "A Hero Walks Among Us" Award. In 2003 Robert Kraft and the New England Patriots instituted the "Ron Burton Community Service Award", bestowed upon that player who demonstrates the charitable work exemplified by Mr. Burton. The first inaugural award went to Joe Andruzzi. This year it was awarded to Vince Wilfork.

No one could sum up his life work better than the man himself. In 1999 he said "After I was diagnosed with brain cancer, I have not had a depressed day since. Not one. I focus on all my blessings. All I want to do now is serve. I am just a servant. You take the silver and the gold, let me help other people." And still, today, he does.

First Realty Management salutes all the competitors in the Mayor's Health & Fitness Walk, especially our senior residents of the following apartment communities:



First Realty
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Brandywyne Village, East Boston
Burbank Apartments, East Fenway
Camelot Court, Brighton
Cummins Towers, Roslindale
Stony Brook Commons, Roslindale



NEW 'GET MOUTHPower' WEBSITE OFFERS TIPS FOR A HEALTHY ADULT SMILE -

Online oral health resource targets adults 50+

BALTIMORE, MD - Discover the power of a healthy smile with an informative and entertaining look at the unique oral health issues of older adults. **Get MouthPower** - www.GetMouthPower.org - is a compelling new web resource for seniors 50+ to learn about oral health issues specific to their age group. Created by the National Museum of Dentistry with the support of Colgate-Palmolive, this user-friendly, interactive web site includes comprehensive and quality oral health information that can be used as a personal health resource or shared with family and friends with easy-to-use online sharing tools.

Get MouthPower includes informative oral health tips for adults 50+, including an exploration of how the adult mouth is changing and what to do about it, a special look at unique nutritional issues as we age, and an exploration of the connection between the mouth and the body. Sprinkled throughout the site is fascinating trivia about historic objects from the National Museum of Dentistry's collection, such as the real story behind George Washington's "wooden" teeth.

The web resource covers four main topical areas:

Your Sparkling Smile: A great smile is possible at any age. Oral health tips will help older adults keep their smiles in top condition, including how to address emerging mobility and dexterity issues, how to care for implants and dentures, and how to be prepared for dental visits.



About Your Mouth: Our mouth is constantly changing as we age, including changes in tooth color and enamel, gum tissue, and sensation. Find out what's going on and what can be done about tooth loss, dry mouth, and more. Plus, take a risk assessment for oral cancer.

Fit to Eat: Nutritional needs change at every stage of life. Check out these food tips to boost health, including a calculator to measure daily calcium intake and an entertaining nutritional boxing bout between your favorite foods.

The Mouth/Body Connection: Your mouth and body are interconnected. Learn about the connection between oral and health and overall health, and how periodontitis can affect heart disease, stroke and diabetes.

Interactive Timeline: An interactive oral health timeline that shows how a dentist to the visit has changed over the years, how dentistry has influenced pop culture, how toothbrushes and concoctions for a sparkling smile have evolved through the ages, and who are some famous and infamous dentists.

Healthy Recipes

Quick Chicken Cordon Bleu

Ingredients:

- 4 boneless, skinless chicken breasts (1 1/4-1 1/2 pounds), trimmed and tenders removed (see Tip)
- 1/2 teaspoon freshly ground pepper, divided
- 1/3 cup shredded Gruyère or Swiss cheese
- 2 tablespoons reduced-fat cream cheese
- 1/4 cup coarse dry whole-wheat breadcrumbs (see Note)
- 1 tablespoon chopped fresh parsley or thyme
- 4 teaspoons extra-virgin olive oil, divided
- 1/4 cup chopped ham (about 1 ounce)

Preparation:

1. Preheat oven to 400°F.
2. Sprinkle chicken with 1/4 teaspoon pepper. Combine cheese and cream cheese in a bowl. Combine the remaining 1/4 teaspoon pepper with breadcrumbs, parsley (or thyme) and 2 teaspoons oil in another bowl.
3. Heat the remaining 2 teaspoons oil in a large, ovenproof nonstick skillet over medium heat. Cook the chicken until

browned on both sides, about 2 minutes per side. Move the chicken to the center so all pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.

4. Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.

Tip: It can be difficult to find small chicken breasts. Remove the strip of meat from the underside of a 5- to 6-ounce breast—the “tender,” about 1 ounce of meat—to yield a perfect individual portion. Freeze the tenders and use them in a stir-fry.

Note: We like Ian’s brand of coarse dry whole-wheat breadcrumbs, labeled “Panko breadcrumbs.” Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, about 15 minutes. One slice of bread makes about 1/3 cup dry breadcrumbs.

Serves: 4

Cider-Glazed Roots with Cinnamon Walnuts

Ingredients:

- 3 pounds assorted root vegetables, peeled (see Tip) and cut into 1-inch pieces
- 1 cup apple cider
- 1/4 cup dark brown sugar
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped walnuts
- 1 tablespoon butter
- 1/8 teaspoon ground cinnamon

Preparation:

1. Preheat oven to 400°F.
2. If using parsnips, quarter lengthwise and remove the woody core before cutting into 1-inch pieces. Whisk cider, brown sugar and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.
3. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.

4. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter and cinnamon. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.

5. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

Tip: Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.

Serves: 6 (3/4 cup each)



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PUT A LID ON IT!!!

“Don’t Retire, Inspire”

By Augusta Alban



Life keeps moving on, for some life moves much too fast. One thing for sure nothing stays the same; the only thing we can truly count on is CHANGE. There are beginnings and endings all over the place, we set out on an adventure, it takes us to new places with new people, new problems and new resolutions, however we always return to the place where we started. Some of our adventures last for a few hours, some for days, and others for many years, but eventually they all end. Some endings are not the way we wanted them to be, however disregarding our wishes they end that way. We celebrate beginnings and grieve endings, but without endings there would be no new beginning's, I reminded myself of this when I am in the middle of grieving an ending. We all know what Helen Keller said about those doors “when one closes, another opens”, but from my experience, let's face it “its hell in the hallway”.

Very often our current problems are filtered through memories and emotions from the past, making it impossible to see anything clearly. When we grow up, we have a tendency to re-create the Emotional Environment of our “early home life.” This is not good or bad, right or wrong: it is just what we know inside as “home.” We also tend to recreate in our personal relationships what we had with our mothers or with our fathers, or what they had between them. As we grow and learn we

understand they were doing the best they could with what they were taught as children. The past is over and done, we cannot change that now. Remember the only thing we are ever really dealing with is a thought and a thought can be changed. How foolish for us to PUNISH OURSELVES in the present moment because someone hurt us in the long ago past. It is imperative for our own healing that we release the past and forgive everyone.

As part of my process of forgiving and letting go I have created “my life boxes.” I have a shelf in my mind, it is about a foot higher than I am and at this time my shelf has no ending. On my shelf are my many “life boxes” wrapped in pictures of my past, in my memories colors. Each box contains a beginning and ending part of my life, closing each box is my process of “letting go.” Securing the lid of each box is a beautiful bow tied with my love, my joy and energy of that time of my life. Forgiving makes it possible to learn and remember the lessons, while letting go of the pain, hurt, and regret of the past. The rules of my “life boxes” help me remember, learn and forgive those for not being the way I wanted them to be. I forgive myself and this sets me free.

My beautiful boxes sparkle with the energy of my life, I am able to view and remember “my thoughts” of my past, without the hurt.

One box that sings to me is that one of my early years. In my growing up box as a child I believed in magic, in dancing to beautiful music and in loving the theater. I recall standing in front of the “foot-lights”, looking out over the vast blackness, I was unable to see the people but I could feel the love and accepting energy I was denied at home. My childhood home was in trammel most of the time, I now know my mother did the very best she could do. Life was not easy for her and I am now able to understand how she must have felt, I forgive her and let go. To this day I still hold on to that magic, that music and that excepting energy giving me permission to be anything I want to be. That box is tied with my love for my mother and for that beautiful, talented little girl still inside of me.

One box that evokes laughter after the tears is the one titled, “Did anything go right?” It is a major “life box”, you know, the kids had graduated college, my divorce was final, I had sold my home and my business and I was moving to a new city. My darling daughter was acting out on daily bases, causing huge unnecessary delays, two days before my departure she thoughtlessly demolished my new car. I was grateful she wasn’t hurt. As I mentally placed the lid on “THAT

BOX” I was tempted to leave her in it, but the “box rule” came up, “who matters and who always will.” Damn, I had to laugh, she just made it, I tied the lid on the old box and with love I placed her in the new one. The next day I watched the sun set in the rearview mirror of my new car as I drove out of town for a new life.

As they say what “happens in Vegas,” that same rule applies to my “life boxes.” Before closing the lid of each and every box, I carefully review the contents and ask myself these questions.

1. Who matters?
2. Who never did?
3. Who won’t anymore?
4. Most of all who always will?

At times we must leave people we love in those boxes, for their place in our lives is over. There’s a reason why they didn’t make it to our future. Some will travel the road with us for a long time and they are carefully placed in each new box; we don’t want to lose them.

WHO MATTERS IN YOUR LIFE?

Joseph Campbell

We must be willing to let go of the life we have planned so as to have the life that is waiting for us.

GETTING YOUR AFFAIRS IN ORDER

If we had a crystal ball and could see into the future, we would not need to prepare ahead for end of life decisions.

James was 62 years old when a stroke made it impossible for him to communicate with his family. Neither his wife nor children knew anything about his financial or medical information. James had always taken care of things himself and left no written directives in his behalf. Besides having to locate important documents, the family was left to make their own decisions about James long term care.

The National Institute on Aging gives three simple, but important steps to putting your affairs in order:

- “Put your important papers and copies of legal documents in one place. You could set up a file, put everything in a desk or dresser drawer, or just list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there’s anything new to add.
- Tell a trusted family member or friend where you put all your important papers. You don’t need to tell this friend or family member about your personal affairs, but someone should know where

you keep your papers in case of emergency. If you don’t have a relative or friend you trust, ask a lawyer to help.

- Give consent in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.” National Institute on Aging <http://www.nia.nih.gov>

Preparing Advance Directives or Living Will

Advance directives are legal documents that state the kind of medical care or end of life decisions you want made in your behalf. It is a way for you to communicate your wishes to family or health care professionals. Emergency response medical personnel cannot honor Advance directives or living wills. They are required to save and stabilize a person for transfer to a hospital or emergency facility. Once at the facility a physician will honor the directives.

The Living Will as part of your directives gives your consent or refusal for sustained medical treatment when you are not able to give it yourself. If this document is not in place then a family member or

physician will decide such things as:

- Resuscitation if breathing or heartbeat stops
- Use of breathing machines
- Use of feeding tubes
- Medications or medical procedures

Advance Directives and Living Wills are legal throughout the United States; however some states may not honor states' directive documents. Be sure to check with the state you live in for their requirements.

Review your directives periodically. They do not expire, but your wishes may change. A new or revised Advanced Directive invalidates the old one. Be sure your family member or healthcare proxy has a current copy.

Choosing a Power of Attorney

General Power of Attorney - authorizes someone to handle your financial, banking and possibly real estate and government affairs as long as you remain competent.

Special Power of Attorney - authorizes someone you designate to handle certain things you cannot do yourself for a period of time.

Durable" Power of Attorney -The general, special and health care powers of attorney can all be made "durable" by adding certain text to the document. This means

that the document will remain in effect or take effect if you become mentally incompetent.

Many people do not know the difference between a general and a durable power of attorney. A general power of attorney is a document by which you appoint a person to act as your agent.

Agents are authorized to make decisions for you, sign legal documents, etc. Many people are unaware that a General Power of Attorney is revoked when the person granting that power becomes incompetent or incapacitated.

It is the "Durable" Power of Attorney that allows for an agent to continue making decisions on your behalf no matter what happens to you. A responsible adult child of an aging parent would be given a "durable power of attorney" to act on behalf of the parent. This provides broader authority than just adding the child's name to bank accounts and documents.

You may choose to produce notarized power of attorney documents on your own. If your estate is large and real estate or business is included it is advised to secure a reliable attorney.

National Care Planning Council
<http://www.longtermcarelink.net/a2cfindattorney.htm>

Over 50? Tricks to Land a Better Job

By: Robin Ryan, author of [Over 40 & You're Hired!](#)

You read so much bad news about anyone who's a mature worker that you might think your best years are behind you if you are over 50 - WRONG!

I've recently worked with several career counseling clients who are past 49 and each has had a BIG career success. Hope - and self confidence, plus some savvy know-how - seems to be the key.

Wendell is a programmer in his mid 50s - a tough job title to maintain on a permanent basis, since most employers thirst for the under-30 crowd for these jobs. He's been at Microsoft for several years and is one of the oldest guys in his business unit. His boss sat him down for his annual review and instead of talking to him about leaving the company, his boss gave him the kudos his work deserved: a \$25,000 bonus, 20% raise and \$40K in stock. And the boss is also encouraging him to seek out a promotion.

Cathy had been a stay-at-home mom for years, but when her husband lost his job the family needed both parents to job hunt. At first she was scared, as she'd been out of the workforce so long. We worked on identifying a good field for her to enter and also looked for part-time opportunities. She used the new job search techniques and networking skills

to land an interview and from there she got a new job. No one was more amazed than her husband - he didn't think she had a chance.

Executives have struggled with finding positions. Fewer opportunities have made the search tough. Yet many have landed new jobs and prospered. Mike left behind a prominent career as his industry fell apart. He recently landed a VP Sales position in a totally new field.

Karen became unemployed when her company faced hard times. Discouraged, after months of no success, she updated her skills, took some classes online and used tutorial programs to beef up her computer skills. A new resume and polishing her interview skills led her to land a great job, making more money than she had ever earned before.

Bottom line - your best years are likely still AHEAD of you if you are a baby boomer. But to succeed in today's economy I recommend three strategies:

- Enhance your creative talents. Keep learning new things. Creativity is more than art. It's developing, producing, designing, building, inventing, innovating, improving - making something new or simply better. Employers love employees who focus

on making things better. Whether it's mastering some coaching skills to help you coach your team to shine or figuring out a new process that saves time and money. Enhancements and creative innovations come from your quest to continue to learn and apply yourself on the job. This is something you have total control over and if you care about your own career management you'll work on this area continuously.

- Show you are results-driven. You need to give recent examples of how you brought value to an employer and WILL make a positive difference to the company's mission or profit margin if they hire you. This means being clear about your strengths, articulating your past accomplishments, and showing you have innovative ideas and can deliver results. You must also look the part. You need to appear enthusiastic, energetic and vibrant when you meet and talk to any employer.

- Demonstrate you still have it. Your resume needs to be targeted for the job you are seeking. That means you have extracted from your experience the key accomplishment and skills necessary to excel on the job. Your resume is no more than two pages, focused on the last ten years. You don't look overqualified or underqualified - you look qualified. Your cover letter is the key element. It must be concise and quickly hit on the necessary qualifications to illustrate that you have these traits. Employers are paying MORE attention today to cover letters, so be sure your letter contains specific and enticing evidence that you can do the job.

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Career Counselor Robin Ryan provides individual career counseling, job search, resume writing and interview coaching services to clients nationwide. The bestselling author of *Over 40 & You're Hired*; *Winning Resumes*; *Winning Cover Letters*; *Soaring On Your Strengths*; *What to Do with the Rest of Your Life*; and *60 Seconds & You're Hired!*; Robin Ryan has appeared on more than 1,000 TV and radio shows including: Oprah, Dr. Phil, Fox News, and CNN.

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Hispanic Heritage Celebration

What Hispanic Heritage Month Means To Me:

By: Graciela Nuñez

To me Hispanic Heritage Month signifies honor and remembrance for all those Caribbean and Latin American brothers and sisters who with their knowledge and efforts interwove our present and what will be our future; this is why they live in my heart and mind.

I am proud if being part of a culture that built the roads so that the future of our children will open to new horizons. We are a race of many different colors and customs that in the end unite to form a rainbow of strength.

It also signifies to be proud of belonging to a mixed race composed of Black, Indian and Spaniard that together united its force to create a better tomorrow where a new race emerged willing to defend their rights and freedoms allowing our brothers and sisters the rights to look forward to a better tomorrow free of prejudice and divisions.

It also means those family values that our ancestors left us, values like the love for our land; where they and I were born and the respect to the fountain of knowledge and that passion that represents our seniors.

Lastly, it signifies a celebration that reminds us that although there might be differences amongst us we are all still one race and one culture that emerged and united us all as one.



Que significa para mí el mes de la herencia hispana:

Por: Graciela Nuñez

Para mí el mes de la herencia hispana significa honrar y recordar todos aquellos hermanos y hermanas caribeños y latino americanos que con su tesón, sabiduría y esfuerzo labraron nuestro presente y futuro por eso habitan en nuestro corazón y mente para siempre.

Estoy orgullosa de ser parte de una cultura que cosecho caminos para que el futuro de nuestros hijos se abiera a mejores horizontes. Somos una raza de diferentes matizas, colores y costumbres que se unen para formar un arcoiris de fuerza.

Significa tener orgullo de pertenecer a una mestiza, negra, india y española que unió su fuerza para crear una raza dispuesta a defender sus derechos y libertad. Dándole a nuestros hermanos y hermanas el valor para buscar un mejor mañana; libre de prejuicios y divisiones.

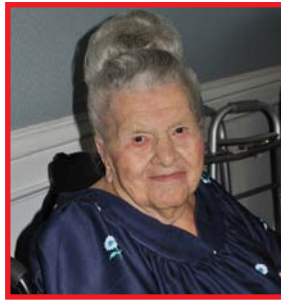
También significa los valores familiares que nuestros ancestros nos dejaron, valores como el amor a la tierra que nos vio nacer y el respeto a esa fuente de sabiduría y amor como son nuestros envejecientes.

Por ultimo, significa una celebración que nos recuerda que a pesar de las diferencias que puedan existir entre nosotros somos una raza y cultura que se entrelazo para convertirse en una.

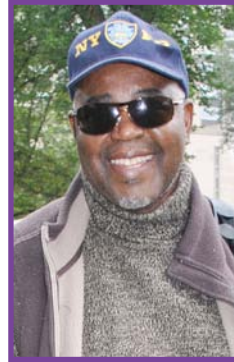
Hispanic Heritage Celebration



Italian Heritage Luncheon

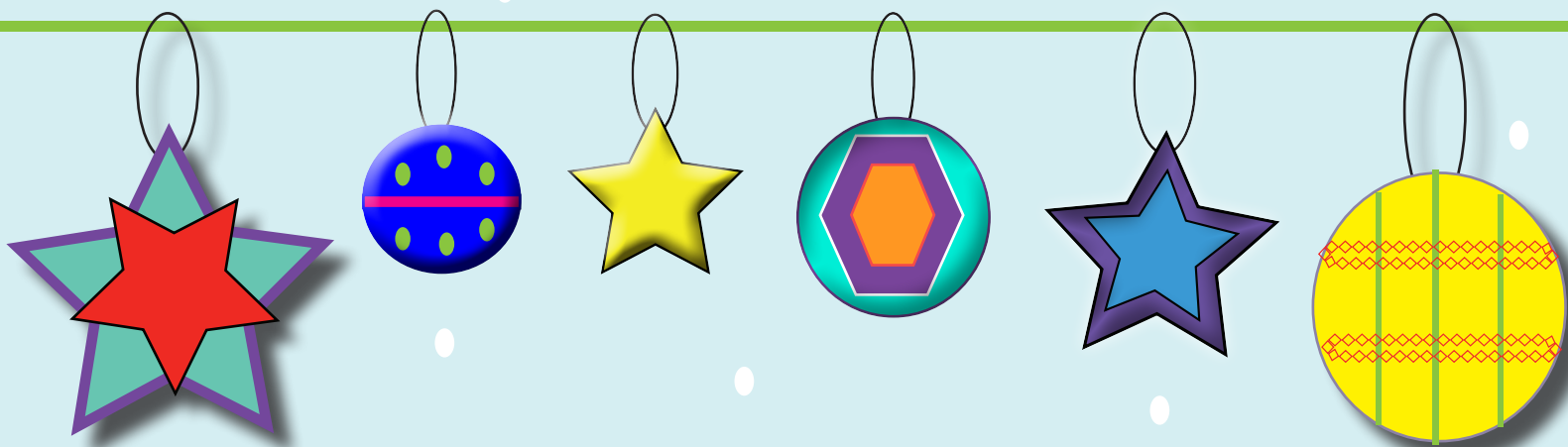


Mayor's Health & Fitness Walk



Halloween Party





Happy Holidays & Happy New Year

*from
Mayor Thomas M. Menino
and
The Elderly Commission*

